COMING SOON!

2 Great New Game Paks, to be used with the unique Control Mat!

Stadium Events.

Exercise in Track & Field.
Takes you to the stadium, where you can compete with your friends in a number of exciting track and field events!

Aerobics

Imagine that your room is an aerobics class where you can select a course that suits you. Follow the coach's instructions and have fun getting into shape!

BANDAI®

Distributed by Bandai America, Inc. Allendale, NJ 07401

Printed in Japan

NES-AW-USA

BANDAI®

Family Fun Fitness™ ATHLETIC WORLD™

Licensed by Nintendo for play on the Nintendo® ENTERTAINMENT SYSTEM™

Series 1

INSTRUCTION BOOKLET

BANDAI®

This game is licensed by Nintendo for play on the

Nintendo®
ENTERTAINMENT SYSTEM™

Please read the Instruction Booklet carefully to ensure proper handling of your new game. Save the Booklet for future reference.

Family Fun Fitness is a game that you control by using your entire body on the Control Mat. One of many forthcoming games from Bandai that test your athletic abilities, Athletic World requires the use of the Ⓐ side on your Control Mat. The other soon-to-be-available software Game Paks will require the use of the Ⓑ side on your Control Mat.

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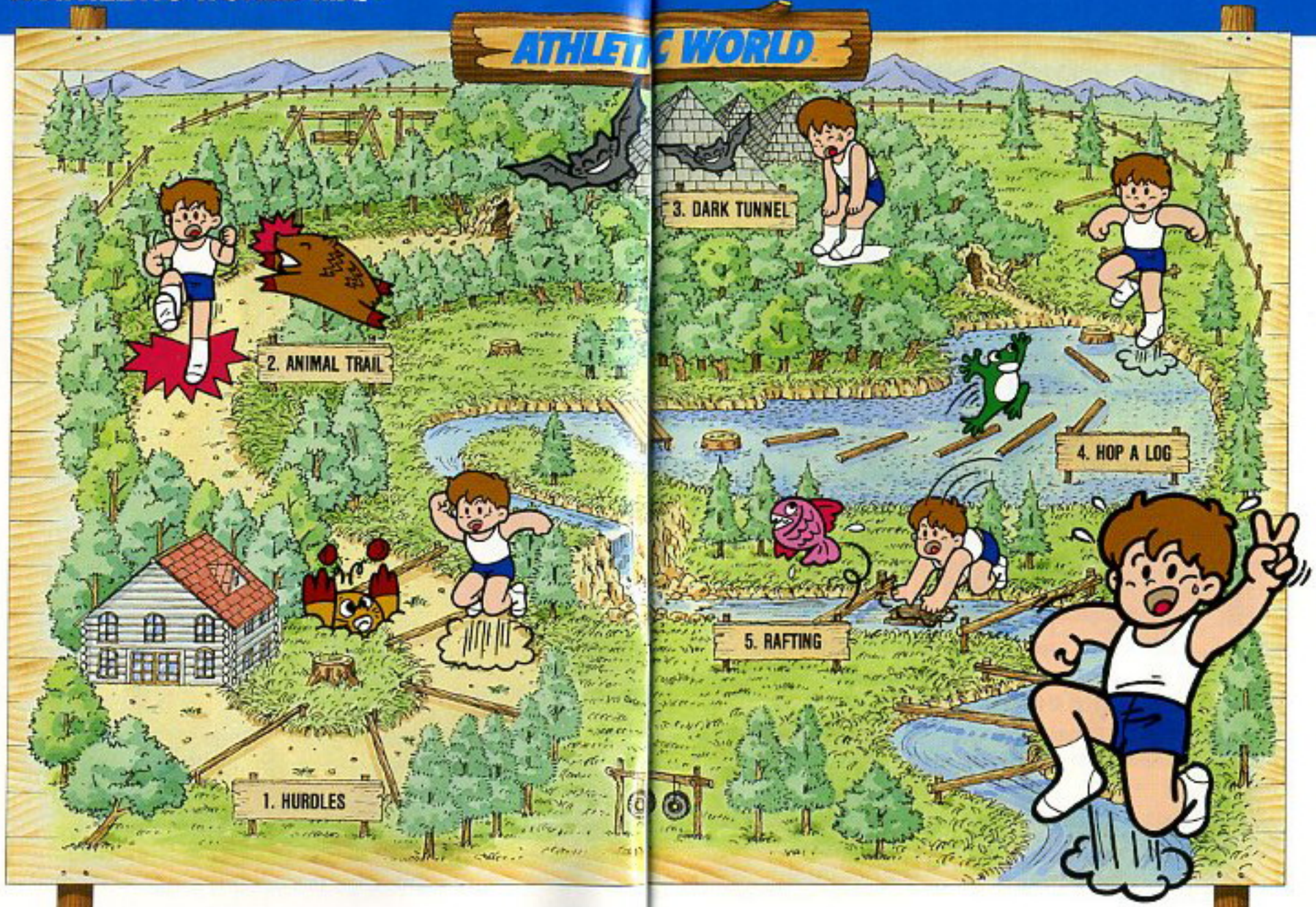
CONTENTS

1. ATHLETIC WORLD MAP 2, 3
2. CONTROL MAT
   - Description of pads on the Control Mat 4
   - How to connect the Control Mat to your Nintendo Entertainment System 5
   - Explanation of pads on Control Mat 6, 7
3. HOW TO OPERATE THE CONTROLLER OF THE NINTENDO ENTERTAINMENT SYSTEM 8
4. COURSE SELECTION 9
5. INPUT OF NAME, AGE, SEX, AND DATE 10
6. WARM-UP AND TIME LIMIT 11
7. HOW TO PLAY:
   1) HURDLES 12, 13
   2) ANIMAL TRAIL 14, 15
   3) DARK TUNNEL 16, 17
   4) HOP A LOG 18, 19
   5) RAFTING 20, 21
   6) EVALUATION AND CERTIFICATE 22, 23
8. PRECAUTIONS AND
   COMPLIANCE WITH FCC REGULATIONS 24
   WARRANTY REGULATIONS AND SERVICE 25

NOTE:
- We advise you to do warm-up exercises before you start to play the Athletic World Games.
- Select an area to play where you will not be a nuisance to, or in the way of other people.
- Please remove your shoes before you start to play.
- We recommend that you do not use the Control Mat in the sun, nor position it on a soft, thickly padded carpet or soft surface, since the reaction to your movements could be delayed.
- When the Control Mat is slippery, use tape to fasten it to the surface.
- People who have a history of heart problems should not play.
- Please do not stick any sharp objects into the Control Mat since this could destroy the mechanism inside the Control Mat.

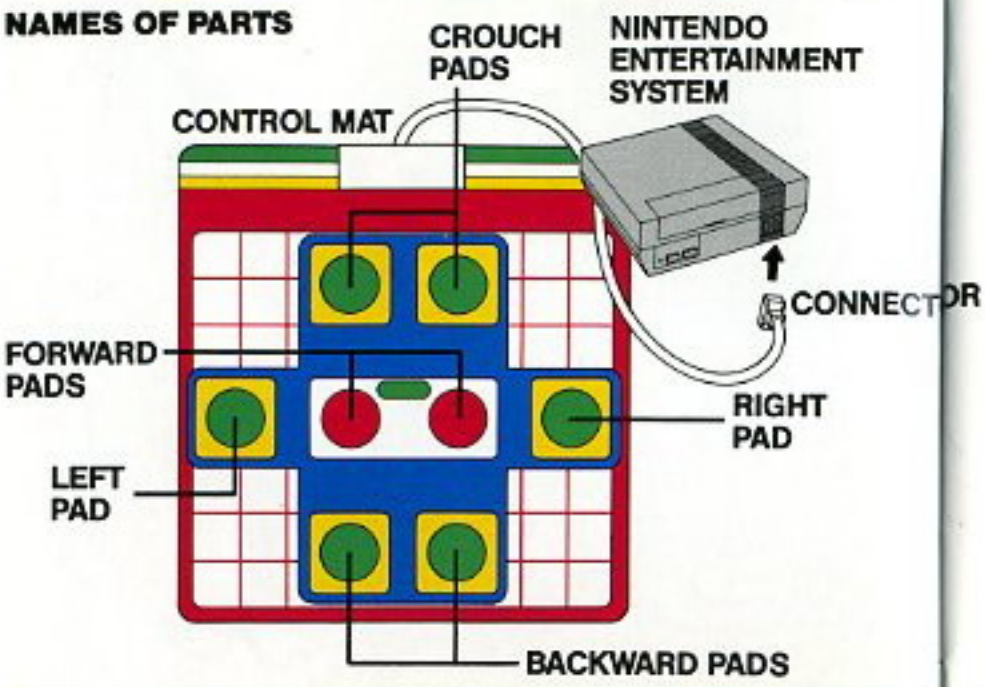
1. ATHLETIC WORLD MAP



2. CONTROL MAT

For the Athletic World Game, use the Ⓐ side of the Control Mat. The Ⓑ Side of the Control Mat is to be used with the forthcoming Game Paks from Bandai.

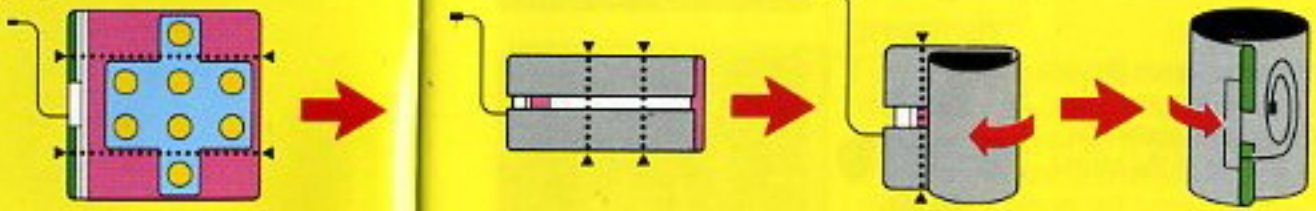
NAMES OF PARTS



HOW TO FOLD THE CONTROL MAT

After playing, fold the Control Mat as shown in the drawing, and store for long time use.

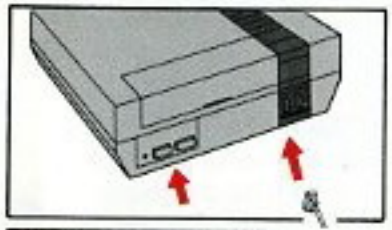
Arrows indicate the direction in which to fold the Control Mat.



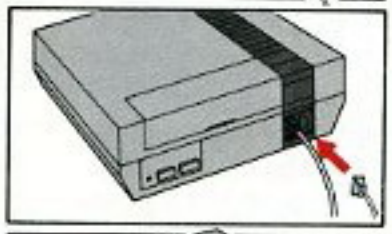
HOW TO CONNECT THE CONTROL MAT TO YOUR NINTENDO ENTERTAINMENT SYSTEM

*To adjust the television screen when connecting the Nintendo Entertainment System to your television, carefully read the Nintendo Entertainment System and television instructions.

1. Turn the Nintendo Entertainment System Power Switch to OFF. Plug the Nintendo Entertainment System Controller Connector into the No. 1 socket on the front of the Nintendo Entertainment System.



2. Plug the Control Mat Connector into the No. 2 socket on the front of the Nintendo Entertainment System.

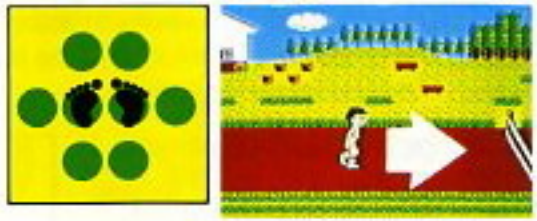


3. Insert the Game Pak into the Nintendo Entertainment System. Open up the Control Mat completely, then turn on the Power Switch on the Nintendo Entertainment System.

HOW TO USE THE PADS ON THE CONTROL MAT

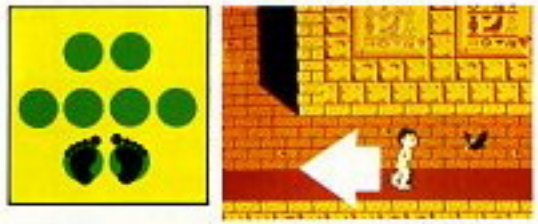
① FORWARD PADS

If you walk or run in place on these pads, the runner moves forward.



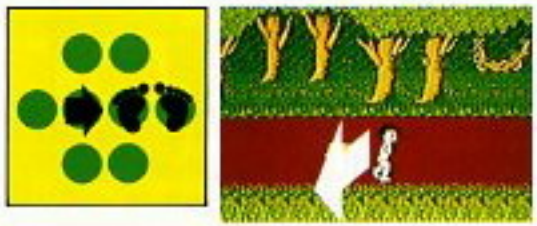
② BACKWARD PADS

If you walk or run in place on these pads, the runner moves backward.



③ RIGHT PAD

Step to the right red pad with your left foot and right foot on this pad, when you want the runner to move to the right side of the course.

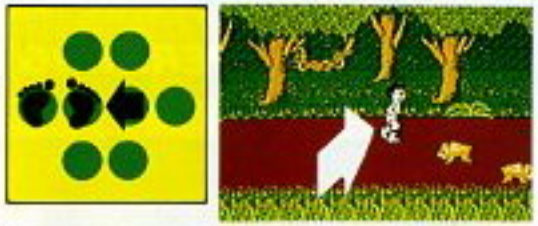


If you hop on one leg on this pad, the runner will hop on the right side of the course and move forward.

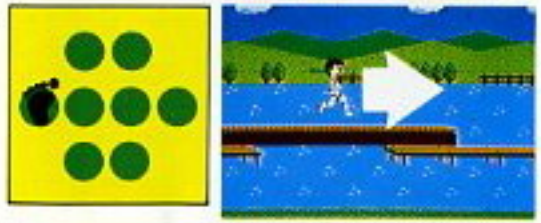
If you walk or run on the right red pad and this pad, the runner moves forward on the right side of the course.

④ LEFT PAD

Step to the left red pad with your right foot and left foot on this pad, when you want the runner to move to the left side of the course.



If you hop on one leg on this pad, the runner will hop on the left side of the course and move forward.

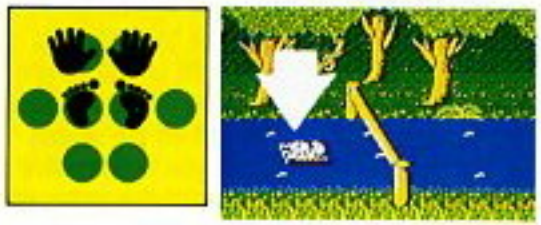


If you walk or run on the left red pad and this pad, the runner moves forward on the left side of the course.

*If you step from the LEFT pad to the RIGHT pad, or vice versa, without stepping on the FORWARD pads, the runner will not be able to move to the left nor to the right. You must first step on the FORWARD pads.

⑤ CROUCH PADS

With both feet on the FORWARD, LEFT or RIGHT pad positions, if you press the CROUCH pads with both hands, the runner will crouch down.

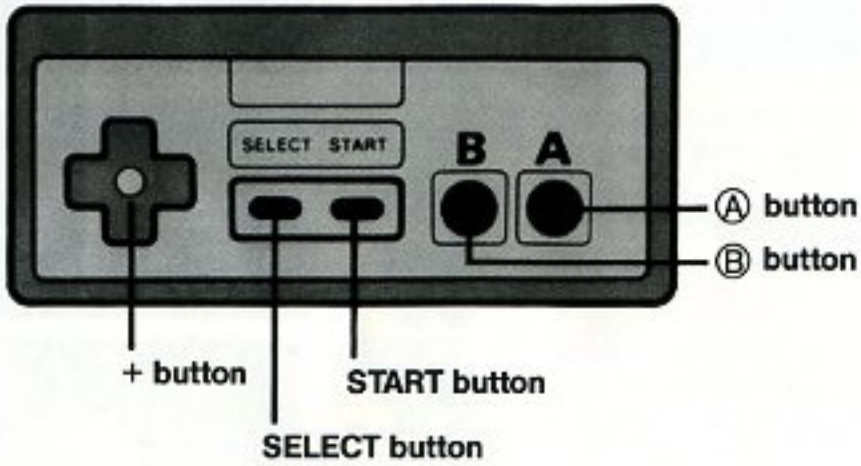


JUMPING

If you jump up on any pad, the runner will also jump in the position that he is in.

*After you have started to play the game, if the pads on the Control Mat are not pressed, the runner will jump. You may need to practice how to press the pads on the Control Mat correctly.

3. NAMES OF THE NINTENDO ENTERTAINMENT SYSTEM CONTROLLER PARTS AND OPERATING INSTRUCTIONS



SELECT button . . . . . Use this button to select either the Training, Beginner, or Expert Course. You may have to input your name, age, sex, and date after you have input your selected course.

START button . . . . . Press this button to begin the game.

+ button . . . . . Use this button to input individual information.

Ⓐ button . . . . . Use this button to move the blinking cursor to the right on the screen.

Ⓑ button . . . . . Use this button to move the blinking cursor to the left on the screen.

PAUSE button . . . . . If you wish to stop or interrupt play in the middle of the game, press the START button. The PAUSE tone will sound and the game will stop. Press the START button again when you wish to continue playing. The game will continue from where you left off.

*At the Certificate screen, the PAUSE function works automatically. If you press any button on the controller, it will release the PAUSE function, and will automatically move to the next screen.

4. COURSE SELECTION

- Choose one of the courses listed on the screen by pressing the SELECT button. Then press the START button.

COURSE SELECTION SCREEN

FIELD SELECTION SCREEN

TRAINING COURSE

You can train for any one of the five fields. Choose the field you wish to train for by pressing the SELECT button, and then the START button.

BEGINNER COURSE

This course continuously covers the first field through the fifth field. When the time limit for the specific field is over, it will automatically move to the next field.

EXPERT COURSE

Until the time limit for the game is over, the play will continuously cycle through fields one through five. Each activity is one round. In the Expert Course, obstacles such as fish, frogs, etc. will appear. Starting with the second round, the distance to the goal becomes longer and night scenes will appear.

TIME OVER

When the turtle, at the bottom of the screen, reaches the goal during the play, time is over.

*TIME LIMIT—The time limit of each course changes according to the age and sex information input.

5. INPUT OF NAME, AGE, SEX, AND DATE

When you start the Beginner or Expert Course, the REGISTRATION Screen will appear.

- Use the + button to position the arrow cursor to the appropriate listing. Then press the SELECT button.

NAME → AGE → SEX → DATE

- The writing position (blinking cursor) can be moved to the left by using the Ⓑ button, or to the right by using the Ⓐ button.
- When you want to correct a listing, bring the blinking cursor to where the error is by using Ⓐ button or Ⓑ button. Then correct the listing.
- Use the BLANK MARK to erase unnecessary letters. Move the BLINKING CURSOR, by using Ⓐ button or Ⓑ button, to the letter(s) you want to erase. Point the ARROW CURSOR to the BLANK MARK and press the SELECT button. The letter(s) you want to erase will disappear.

*If you choose not to input or register your age and sex, the game will begin at a level suitable for a 10-year old boy.

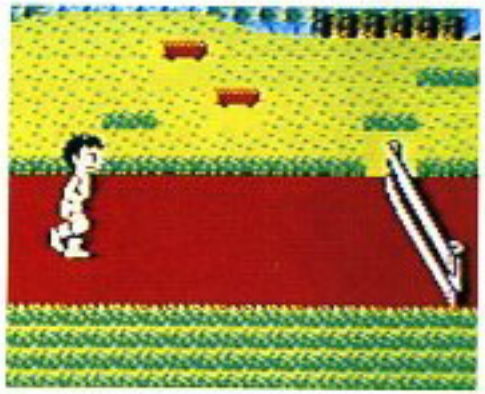
6. WARM-UP AND TIME LIMIT

- Do some warm-up exercises such as leg stretches, touching your toes, and jumping, before starting the game. Select a course by using the Controller, and then step on the FORWARD pads, (START pads) on the Control Mat and the game will start.

★ABOUT THE TIME LIMIT

- By inputting your age and sex, the time limit will change according to the Bandai Athletic World standards.

- Test your ability to run and jump by doing continuous jumping over the hurdles. Run on the FORWARD pads, then jump when the runner reaches the hurdles. Timing is very important in this field.



Run faster, then jump, and the runner will jump further!

EXPERT COURSE

MOLE

In the Expert Course a mole appears and serves as an obstacle that should be avoided. When the mole appears, instead of jumping over it, an easier way to avoid it would be by changing the runner's course by moving to the left or to the right.

★ ADVICE

If the runner falls when trying to jump over the hurdles, wait until he stands up, then you can jump again. If this doesn't work, move backward by using the BACKWARD pads, then jump again.

2. ANIMAL TRAIL

You can complete the animal trail using your agility. Run, sprint, and dash at times, in order to avoid the wild boar that appears from the back. You have to move to the left or to the right so that the runner will avoid the boar.

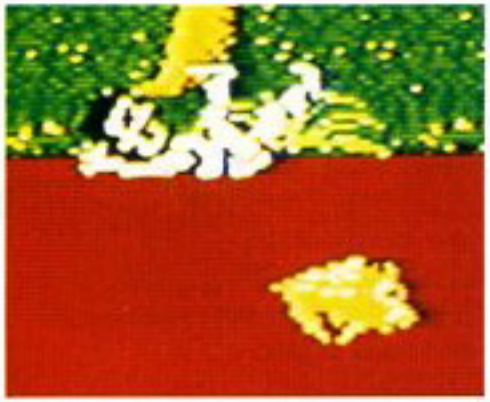
You have to learn how to judge the wild boar's speed, and make a dash for the goal in time!

WILD BOAR

EXPERT COURSE

During the Expert Course, the wild boars appear from the front also.

DESPERATE? CAUGHT IN A BIND?



★ ADVICE

An important point to remember in order to complete this course is not to step out of the pads on the Control Mat. And, don't panic! If you dash or sprint, some boars cannot reach you. You will be able to outrun some boars.

3. DARK TUNNEL

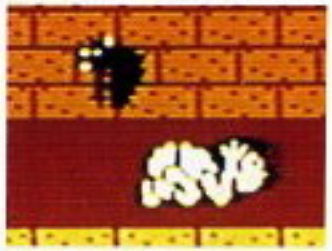
Your stamina or endurance plays a very important role in this game. Without stamina you will not be able to complete this field. When the runner has to go up the steep incline, you'll have to run even faster, or else the runner won't be able to go up the incline, and he will slide down.

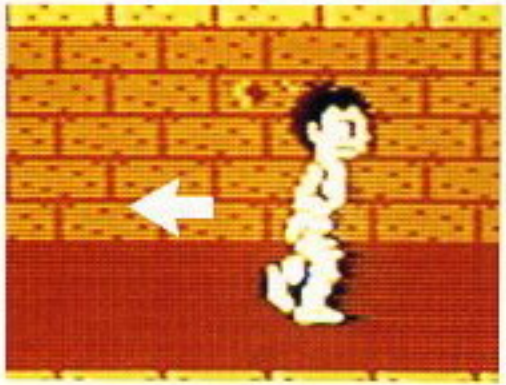
*In this field, you will not be able to move to the left or to the right. Also, you will not be able to jump.

You have to learn to pace yourself in this game, or else you will tire very easily.

EXPERT COURSE

Bats fly overhead in the Expert Course. You can crouch on the Control Mat by using the CROUCH pads, until the bat flies over the runner.





★ ADVICE

Think of the total length of the course and pace yourself accordingly. When the runner goes up the incline, you should run at a consistent pace.

You should practice at the Training Course. This is one way of making this field easier. When the runner falls or slides down the incline, go backwards by using the BACKWARD pads, then run again.

4. HOP A LOG

This field tests your flexibility. On the dock, you run using both legs. On the logs, which appear on the left or on the right, you have to use the LEFT or RIGHT hop pad so that the runner can cross the logs by hopping on one leg.

HINT

Jump when dock and log overlap.

EXPERT COURSE

Frogs appear in the Expert Course. Sometimes the frog will jump at the runner. At other times, the log will separate from the dock and the runner has to jump across the water, so you have to jump.

★ ADVICE

Be careful not to let the runner get too close to the frog. It's better to wait until the frog jumps over the runner.

*When on top of the log, the runner cannot crouch.

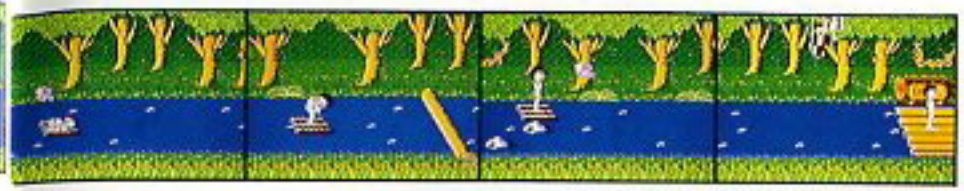
Concentration is extremely important in this game.

Jump over the low logs and crouch under the high logs. Avoid the rocks that appear in the water by moving to the left or to the right, and then jump to the goal.

CROUCH DOWN!

*In this field, even if you stand on the FORWARD or the BACKWARD pads, the runner cannot move forward nor backward.

It's very important to judge quickly. Should you jump or crouch?



EXPERT COURSE

Fish jump out of the water during the Expert Course. You must crouch so that the runner will not get hit by the fish.

★ ADVICE

Judge quickly if it's a high or low log. This field will be easy for you if you remember the areas in which the logs or obstacles appeared during the TRAINING Course.

NOTE: When the runner wants to avoid the rocks that appear in the water on the left or on the right, make sure that you step on the FORWARD pads before stepping on the LEFT pad or the RIGHT pad.

6. EVALUATION AND CERTIFICATE

- The Evaluation and Certificate Screen will appear when you have completed the five fields in either the Beginner or Expert Course.

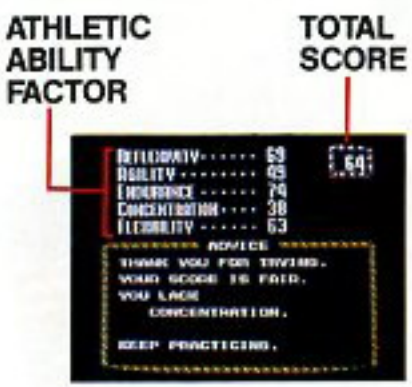
*The Evaluation and Certificate Screen will not appear when you have completed the Training Course. Also, if you have not completed all five fields in the Beginner or Expert Course, the Evaluation and Certificate Screen will not appear.

- When you have reached the goal in each of the five fields, a monkey will appear with your score card. The score card will show how fast you have reached the goal within the time limit (score against the time limit).

- Your TOTAL SCORE is calculated by adding the TIME SCORE and the ATHLETIC ABILITY FACTOR SCORE. A perfect score is 100. To obtain a high score, you have to reach the goal quickly with the least amount of mistakes.

5 LISTINGS OF ATHLETIC ABILITY FACTORS

After you have completed each of the five fields, you will be given a score for each of five specific athletic ability factors: agility, endurance, reflexivity, flexibility, or concentration. In addition to the one specific athletic ability measured in that particular field, you will also be judged for the other four athletic ability factors.



- Degree: 10-step grading or evaluation.
- The Certificate Screen will not appear after you have taken the Training Course, nor if your total score is zero.
- Your Total Score is calculated by subtracting your score from 100.

CERTIFICATE

When the Certificate Screen appears, there is an automatic PAUSE. Press any of the buttons on the Controller to move to the next screen.

TOTAL SCORE/DEGREE CHART

BEGINNER COURSE			EXPERT COURSE		
1st Degree	91-100	Points	1st Degree	1-5 Fields	10 Rounds
2nd Degree	81-90	Points	2nd Degree	1-5 Fields	9 Rounds
3rd Degree	71-80	Points	3rd Degree	1-5 Fields	8 Rounds
4th Degree	61-70	Points	4th Degree	1-5 Fields	7 Rounds
5th Degree	51-60	Points	5th Degree	1-5 Fields	6 Rounds
6th Degree	41-50	Points	6th Degree	1-5 Fields	5 Rounds
7th Degree	31-40	Points	7th Degree	1-5 Fields	4 Rounds
8th Degree	21-30	Points	8th Degree	1-5 Fields	3 Rounds
9th Degree	11-20	Points	9th Degree	1-5 Fields	2 Rounds
10th Degree	1-10	Points	10th Degree	1-5 Fields	1 Round

8. PRECAUTIONS

- Remove shoes before stepping on the Control Mat.
- Always turn off the power supply when inserting or removing the Game Pak, or the Control Mat.
- This is a high precision game. It should not be stored in places that are very hot or very cold. Never hit or drop it. Do not take it apart.
- Do not play with the device in puddles, sandboxes, on dirt, or in mud.
- Do not touch the terminals nor wet them with water.
- Do not play with the game near sources of heat or other places where something potentially dangerous might occur.
- When unplugging the Connector from the Nintendo Entertainment System, always hold the Connector itself, not the cord.
- When cleaning the device, wipe using a soft cloth dampened with water containing a mild detergent. Do not apply thinners, benzene or any other volatile petroleum or alcohol distillates.
- When the Control Mat is charged with static electricity, connecting it to the Nintendo Entertainment System may result in the breakdown of the Nintendo Entertainment System. Do not stand on the Control Mat before connecting it.
- We recommend that you do not use the Control Mat in the sun, nor position it on a soft, thickly padded carpet or soft surface, since the reaction to your movements could be delayed.
- Please do not stick any sharp objects into the Control Mat since this could destroy the mechanism inside the Control Mat.
- When the Control Mat is slippery, use tape to fasten it to the surface.

COMPLIANCE WITH FCC REGULATIONS

This equipment generates and uses radio frequency energy and if not installed and used properly, that is, in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with the limits for a Class B computing device in accordance with the specifications in Subpart J of Part 15 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient the receiving antenna
- Relocate the NES with respect to the receiver
- Move the NES away from the receiver
- Plug the NES into a different outlet so that computer and receiver are on different circuits

If necessary, the user should consult the dealer or an experienced radio/television technician for additional suggestions. The user may find the following booklet prepared by the Federal Communications Commission helpful:

How to Identify and Resolve Radio-TV Interference Problems.

This booklet is available from the U.S. Government Printing Office, Washington, D.C. 20402, Stock No. 004-000-00345-4.

90-DAY LIMITED WARRANTY

90-DAY LIMITED WARRANTY:
Bandai America, Inc. ("Bandai") warrants to the original consumer purchaser that this Game Pak ("PAK") (not including Game Pak Accessories or Robot Accessories) shall be free from defects in material and workmanship for a period of 90 days from date of purchase. If a defect covered by this warranty occurs during this 90-day warranty period, Bandai will repair or replace the PAK, at its option, free of charge.

To receive this warranty service:

1. DO NOT return your defective Game Pak to the retailer.
2. Notify the Bandai Consumer Service Department of the problem requiring warranty service by calling: 1-201-825-1060. Our Consumer Service Department is in operation from 9:00 A.M. to 5:00 P.M. Eastern Daylight Time, Monday through Friday.
3. If the Bandai service technician is unable to solve the problem by phone, he will provide you with a Return Authorization number. Simply record this number on the outside packaging of your defective PAK, and return your PAK freight prepaid, at your risk of damage, together with your sales slip or similar proof-of-purchase within the 90-day warranty period to:

Bandai America, Inc.
Consumer Service Department
4 Pearl Court
Allendale, NJ 07401

This warranty shall not apply if the PAK has been damaged by negligence, accident, unreasonable use, modification, tampering, or by other causes unrelated to defective materials or workmanship.

REPAIRS AFTER EXPIRATION OF WARRANTY:
If the PAK develops a problem after the 90-day warranty period, you may contact the Bandai Consumer Service Department at the phone number noted. If the Bandai service technician is unable to solve the problem by phone, he may provide you with a Return Authorization number. You may then record this number on the outside packaging of the defective PAK and return the defective PAK freight prepaid to Bandai, enclosing a check or money order for $10.00 payable to Bandai America, Inc. Bandai will, at its option, subject to the conditions above, repair the PAK or replace it with a new or repaired PAK. If replacement PAKS are not available, the defective PAK will be returned and the $10.00 payment refunded.

WARRANTY LIMITATIONS:
ANY APPLICABLE IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE HEREBY LIMITED TO NINETY DAYS FROM THE DATE OF PURCHASE AND ARE SUBJECT TO THE CONDITIONS SET FORTH HEREIN. IN NO EVENT SHALL BANDAI BE LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM THE BREACH OF ANY EXPRESS OR IMPLIED WARRANTIES.

The provisions of this warranty are valid in the United States only. Some states do not allow limitations on how long an implied warranty lasts or exclusion of consequential or incidental damages, so the above limitations and exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.